

**Basic Report 16145, Beans, red, kidney, mature seeds, canned, drained solids**

Report Date:January 04, 2015 05:02 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 can drained solids 266g
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**Proximates**

Water	g	68.11	181.17
Energy	kcal	124	330
Protein	g	7.98	21.23
Total lipid (fat)	g	1.05	2.79
Carbohydrate, by difference	g	21.49	57.16
Fiber, total dietary	g	5.5	14.6
Sugars, total	g	3.80	10.11

**Minerals**

Calcium, Ca	mg	57	152
Iron, Fe	mg	1.50	3.99
Magnesium, Mg	mg	30	80
Phosphorus, P	mg	121	322
Potassium, K	mg	277	737
Sodium, Na	mg	231	614
Zinc, Zn	mg	0.75	2.00

**Vitamins**

Vitamin C, total ascorbic acid	mg	0.2	0.5
Thiamin	mg	0.067	0.178
Riboflavin	mg	0.016	0.043
Niacin	mg	0.460	1.224
Folate, DFE <sup>a</sup>	μg	28	74
Vitamin B-12	μg	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	0.0
Vitamin D	IU	0	0

**Lipids**

Fatty acids, total saturated	g	0.181	0.481
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Nutrient	Unit	1	1 can drained solids 266g
		Value Per 100 g	
Fatty acids, total monounsaturated	g	0.029	0.077
Fatty acids, total polyunsaturated	g	0.193	0.513
Cholesterol	mg	0	0
<b>Other</b>			
Caffeine	mg	0	0

**Footnotes**

- <sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.
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